

# How to use the Zen Planner WOD Tracking and Booking System

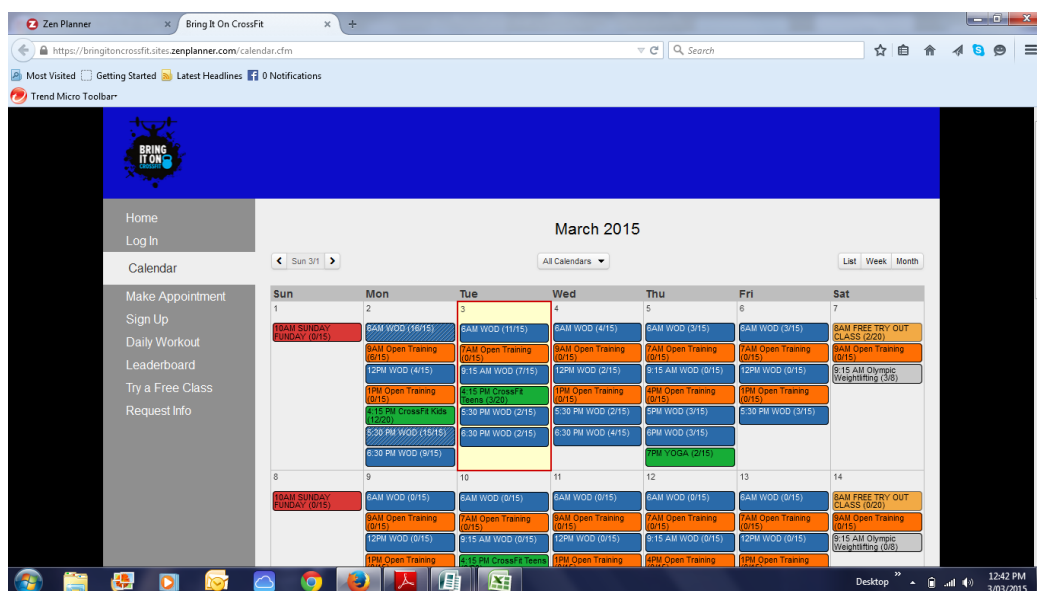
To access the Zen Planner Website go to [www.bringitoncrosfit.zenplanner.com](http://www.bringitoncrosfit.zenplanner.com) or login through our website at [www.bringitoncrosfit.com.au](http://www.bringitoncrosfit.com.au).

Here you will have access to the Bring It On CrossFit Calendar to book in for a class, update your profile, see the daily WOD and enter your results for the workout.

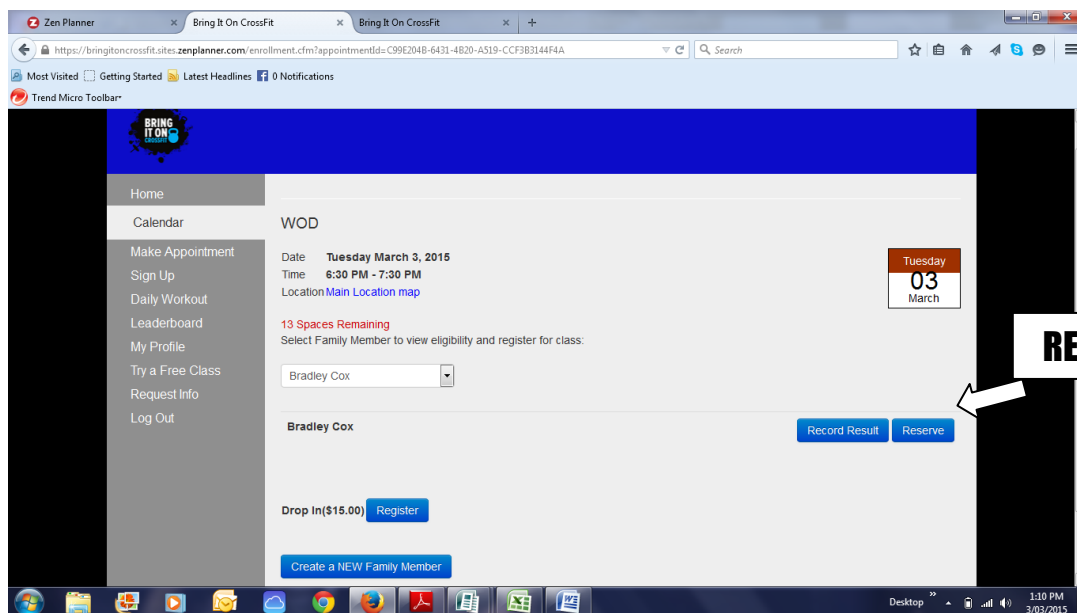
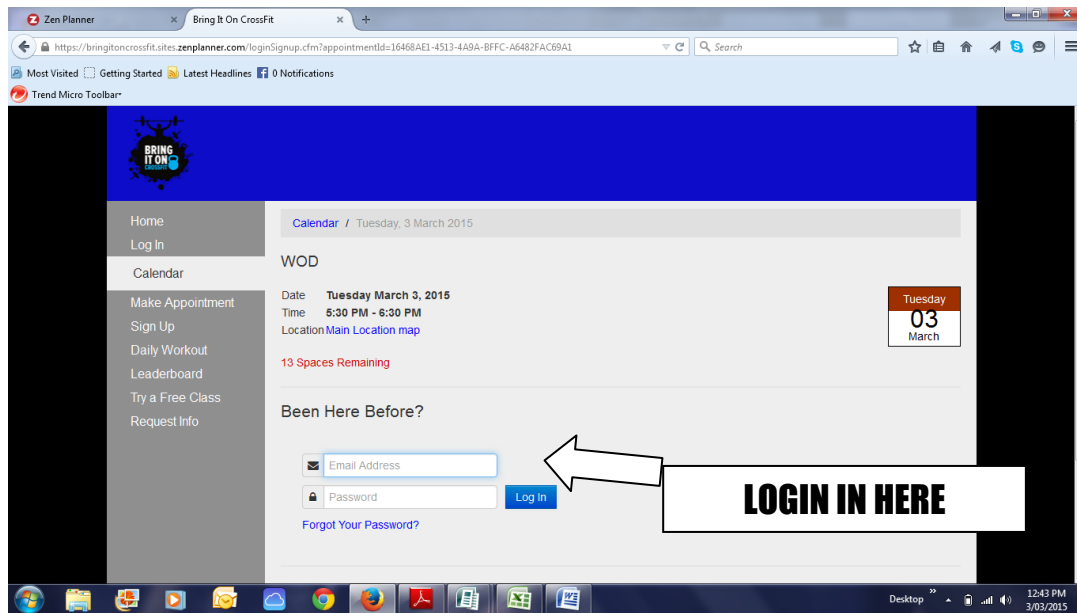
You will have received a password and login details via email upon signing up as a Bring It On CrossFit Member. Use this password to login to the Member Connect Zen Planner website.

## Booking in for a Class:

On the Calendar page click on any class (this is also found on the BIOCF website under 'Sign Up For A Class').



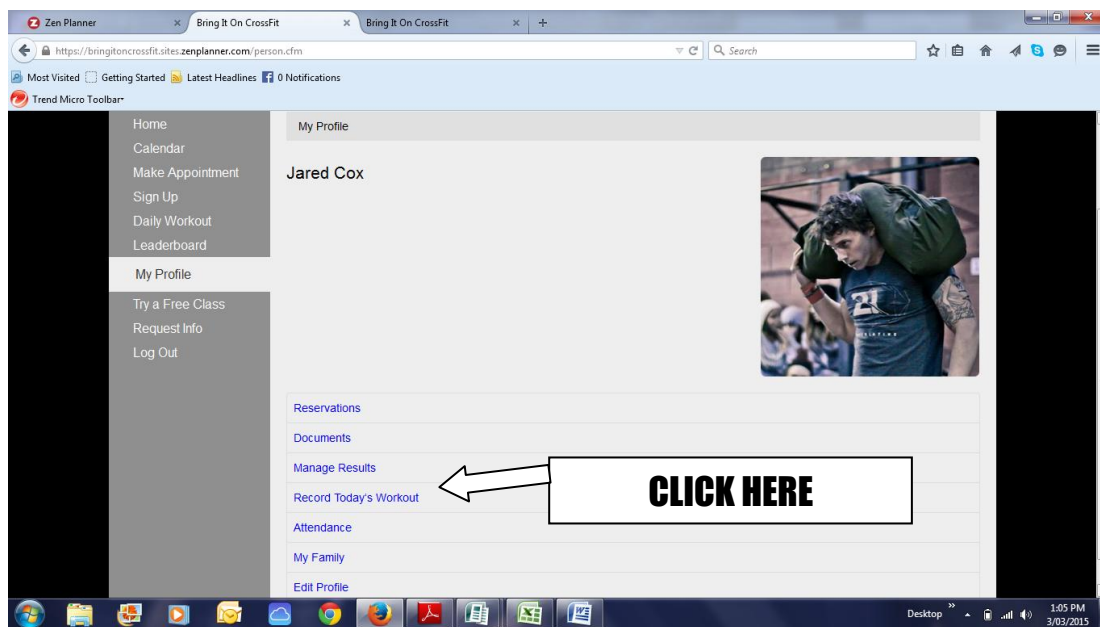
Once you have clicked on a class it will come up with a screen to enter your login details if you haven't already. To reserve a spot in this class click on the RESERVE button at the right hand side of the page. Your spot in the class has been reserved.



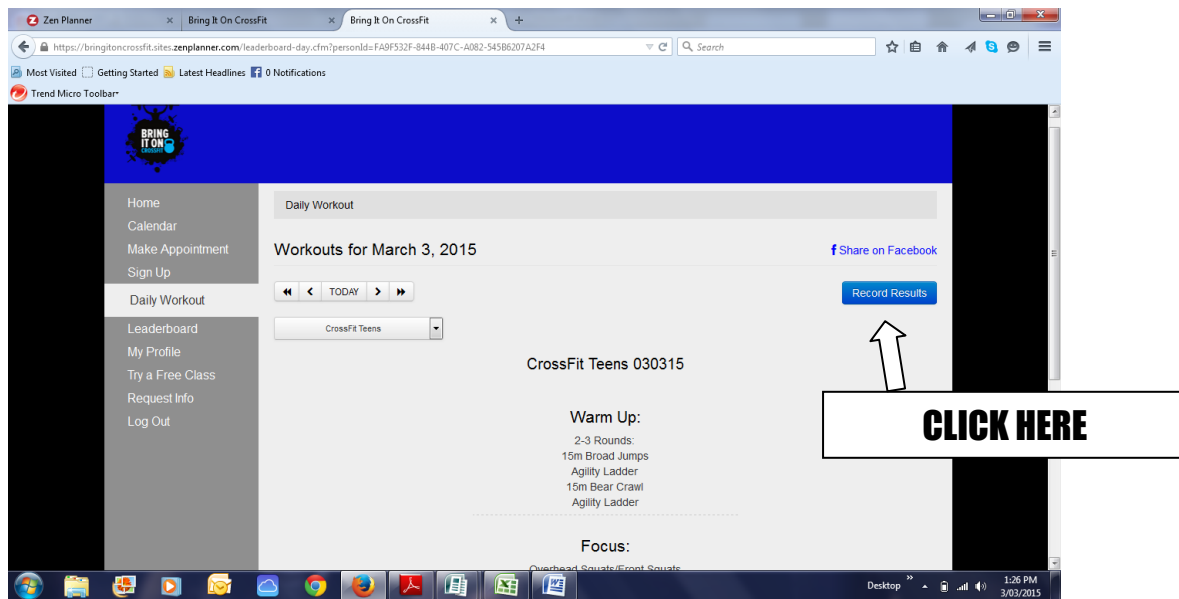
## Recording Results for the days WOD:

From the 'My Profile' Tab you can view your Reservations, Attendance, Edit your Profile (Add Picture!!) and Record the Day's WOD results.

To record today's results click on the 'Record Today's Workout' Tab which will take you to the Daily Workout Page.



Once on this page click on the 'Record Results' button. Make sure you have the correct day's WOD on screen.



Then enter your results in the spaces provided. Enter any scaling/modifications to the WOD in the 'Notes' section. You can see your results and others on the Leaderboard Tab.

